

LIFESTYLES

HAWAII MARINE B SECTION

NOVEMBER 18, 2005

Journey *of* exploration

Story and Photos By Susana Choy • Lifestyles Editor

Without a doubt, the most prominent feature at the Bishop Museum's new Science Adventure Center is the replica of a volcanic spatter cone. There's no missing it.

The fully operational, three-level volcano, modeled after Kilauea volcano's Pu'u O'o vent on the island of Hawaii, is dramatically lit with lamps and fluorescent tubes and erupts randomly. That's right: It's a working volcano. Not only does this bad boy spatter explosive bursts of simulated lava, it also simulates the steam and eerie glow that accompanies a volcanic eruption.

Bishop Museum's latest venture offers children, adults a chance to get in touch with Hawaii's natural roots

Hawaii's newest attraction, the Science Adventure Center, is a museum for science that has no real equal anywhere else in the nation. The eye-catching architecture of the 16,500-square-foot facility flanks the Great Lawn and its uniquely Hawaiian interactive displays are geared toward teaching the science behind Hawaii's unique environmental blend.

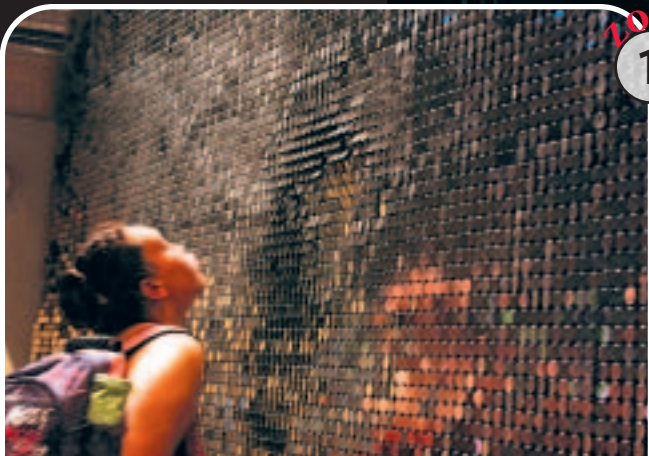
"We really differentiate ourselves from the other science centers (nationally)," Shaun Chillingworth, Bishop Museum's marketing and public relations manager. While other science museums also feature interactive displays that inspire learning, they have a very general scientific scope.

"The real purpose of the museum is to inspire kids to learn more about science," added Chillingworth.

And that it does. The curious minded could be seen throughout the center: dressed and playing in costumes at the Hawaiian rain forest; blowing the metal disks that line the Makani Wall; pressing buttons and pulling levers on information panels; and sitting, absorbing the show put on by the museum staff at the Hot Spot Theatre.

According to Dr. William Brown, president and CEO of Bishop Museum, "The science center will create an environment for science of today and tomorrow to touch, challenge

See ADVENTURE, B-5



TONE
1

A visitor plays with the Makani, or wind, Wall by blowing at the metallic disks and watching the ripples that are generated. The wall is made of thousands of disks hung together. Bishop Museum's 16,500-square-foot science facility emphasizes the science behind the Hawaii's ecology through interactive displays.



TONE
2

Visitors will hear the "Kumulipo," or Hawaiian creation chant, as they stroll through the 160-foot-long Origins Tunnel. Children's glow-in-the-dark artwork brings to life key figures in Hawaiian lore.



TONE
3

A staff member stands behind a metal curtain, pouring molten rock out of a furnace at the Hot Spot Theatre beneath the large volcano replica.

TONE
4

This enormous replica of a volcanic spatter cone is the centerpiece of Bishop Museum's new Science Adventure Center. This volcano glows red with simulated lava as it spews and steams.

MCCS plans Thanksgiving events

Activities set for community at K-Bay to help celebrate Thanksgiving

Yibeli Galindo-Baird
Marine Corps Community Services Marketing

Marine Corps Community Services is stuffed (pun intended) with Thanksgiving-themed activities throughout this week.

Storytime

Head to the Base Library this Saturday for an afternoon of stories filled with pilgrims, turkeys, sharing and family. Join Lori Zuttermeister, one of the library's technicians who is also known as "Auntie Lori," during Thanksgiving Tales and Treats. This special Storytime is sure to entertain your children and teach them the meaning behind Thanksgiving. This family event begins at 1 p.m. Bring your camera, your appetite and your smiles — especially when you thank Auntie Lori for this and all of this year's Storytimes.

Command of the Grill

If you love to grill or watch grillers in action, be sure to drop by the Command of the Grill contest, taking place at the Staff NCO Club from 4 to 5 p.m., Saturday. The winner will compete against the winners from other Marine Corps installations during Fleet Week in New York City, May 2006. Original recipes from the finalists, in addition to honorable mentions from each location, will be featured in the Command of the Grill cookbook to be published in 2006. Proceeds from the sale of the cookbook will go to Marine Corps affiliated charities. John Gallagher, Staff NCO Club

manager, said that watching great grilling gurus would likely make spectators wish that they could get in on some of the cooked items. To compensate, Gallagher has come up with a post-competition menu especially for those not selected or who chose not to participate but are present to cheer on their unit's representative or their neighbor or friend who was invited to compete. The offer will feature a steak dinner for \$9.95 or a chicken dinner for \$8.95. Hamburger lovers will not be disappointed, as burgers will also be served for only \$7.95. Each of the items above includes a side dish. The choices are either corn on the cob and macaroni salad or potato salad, chips and ambrosia. These plate dinners will be available starting at 5 p.m. and will continue to be served through 7 p.m., outside the club. "This is huge. We want to make sure that everyone comes out to the cook-off, whether it's to watch, to offer support, or to eat some good barbecued goods that we will be serving," said Gallagher. This is the perfect venue to grab some great eats — especially if you ran the 3rd Radio Battalion Turkey Trot that Saturday and need some re-energizing grub fresh from the grill.

Freestyle Battle

And for an evening of rhythm and rhyme to wrap up this busy Saturday, personnel E-1 through E-5 can swing by Kahuna's Sports Bar & Grill for the first-ever, on-base Freestyle Battle. This contest of words and wit is free and will feature three elimination



rounds, with the winner being the last one left standing. The DJ will play between rounds and after the battle comes to an end. Drop by anytime from 7 to 9:30 p.m. if hip-hop is your thing.

Children's parade

Don't miss the Thanksgiving celebration to be held at the Child Development Center on Tuesday. Babies to toddlers will parade in self-made costumes that portray the very characters that make this celebration so memorable: turkeys, Native American Indians, pilgrims, and a few edible items. Be there to cheer them on at 10:15 a.m.

Celebrations at the Rec Center

Thanksgiving celebrations are also taking place at Kahuna's Recreation

Center. In partnership with the Single Marine & Sailor Program, get ready to stuff your face, jam with some jelly, and act like a turkey during the Thanksgiving Turkey Bash. Unlike past years, this annual event will take place in the Recreation Center on Wednesday from 6 to 10 p.m. and is free to all qualified personnel. Gabby Black, SM&SP coordinator, describes this event as the perfect place to unwind prior to heading out to more formal Thanksgiving Day celebrations with friends or co-workers. "They can come to the Rec Center to relax and hang out. There will be finger foods such as veggie trays, sandwiches and soda. And it's all free," she noted. Also included in the celebration is card night. Tournaments will be set up so that card sharks and aficionados can prove their bluffing and X-ray vision powers. Among the games featured will be Texas Hold 'em, Spades and Black Jack. First-, second- and third-place winners will be recognized for each tournament. Mark your calendars for this alcohol-free event on Thanksgiving Day's eve that is sure to get you into the spirit of the season. Call SM&SP representatives at 254-7593 for more information on this event. Other Rec Center services will still be available.

Thanksgiving Dinner To Go

If you still haven't figured out when you will find the time to make a turkey for all those friends and relatives coming to see you, let the Thanksgiving Dinner To Go program save you. This delicious holiday feast easily serves six to eight people and includes: herb and garlic roast turkey

with giblet gravy (10 to 12 pounds) and/or Honey-Baked Ham with Hawaiian Pineapple Sauce (10 to 12 pounds). Side orders include corn bread, Portuguese sausage and chestnut stuffing, roast garlic, mashed potatoes, corn O'Brien, cranberry sauce, rolls and butter and pumpkin pie. For The Officers' Club, SNCO Club members, and E-1 to E-5, prices are \$64.95 for the turkey dinner, \$79.95 for the ham dinner and \$95.95 for the turkey and ham combination dinner. Nonmembers, add \$10 to any option above. Hurry, prepayment is required by today. Quantities are limited, so place your orders now. To order at K-Bay, call 254-5592 or 254-5481 from 8 a.m. to 4 p.m. To order at Camp Smith (turkey dinner only), call 484-9322/9323 from 9 a.m. to 3 p.m.

Marine Corps Exchange sales

Don't forget to save even more money by taking advantage of the sales that kick off today at the Marine Corps Exchange. If you've been looking for gifts for your guests or simply want to treat yourself in advance for all the patience you will need once your relatives arrive, take advantage of the Electronics Harvest Sale, the Major Appliance Sale and the Benchcraft Furniture Fall Holiday Sale. In addition, don't forget the After Thanksgiving Day Sale, which begins on Wednesday, right before Thanksgiving Day. For information on sale duration and holiday hours, call the Exchange at 254-3890. Grab your agenda and start planning now. The Thanksgiving season has plenty to offer and you can certainly be thankful for that.

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise

Kahuna's Sports Bar & Grill
254-7660/7661

Latin Night — "Ven a bailar a Kahuna's." Come to dance at Kahuna's, that is. Yes, you'll really get infused with the Latin groove thanks to the rhythmic renditions by El Conjunto Tropical's DJ music tonight. Everything from merengue, bachata, cumbia and other tropical rhythms, are sure to make your hips start swaying no matter how hard you try to resist. It all begins at 10 p.m.

Monday Night Football — Get ready to cheer on your favorite team at Kahuna's Monday Night Football. Saturday, starting at 6 p.m., enjoy a special menu. National Trivia Network QB1 will also be available for those of you who are psychic enough to call the next play. Catch this week's game when the Minnesota Vikings match might with the Green Bay Packers.

Holiday Hours of Operation — Due to the Thanksgiving Day holiday, Kahuna's will not be serving lunch, Thursday, but will be open for business starting at 6 p.m. The Recreation Center will open at 8 a.m. and will host a Thanksgiving celebration event Wednesday night. See the story above for more information.

Staff NCO Club

254-5481

Membership Appreciation and Staff Sergeant Select Night — This is one of the many privileges of membership at the Staff NCO Club. Beginning at 4:30 p.m. today, members can drop by the club for an evening of appreciation, complimentary pupus and great beverage service at the Rocker Room. Staff Sergeant Selects brought in by members can take advantage of this opportunity to take a look at what might be available to them as potential members in the near future.

Monday Night Football — This is the place to be to get into the football state of mind. Special menus will be available at the Rocker Room with half-price specials for members from 6 to 8:30 p.m., or at the end of the halftime.

In addition to Sticky Man races, you can compete to become the King or Queen of the Quarter for the opportunity to sit in the best seat of the house — a plush recliner — for a whole quarter. Ask the staff for details. Sorry, a remote does not come with the recliner. This week's game will have the Minnesota Vikings face off with the Green Bay Packers. Don't miss it.

Holiday Hours of Operation — Due to the Thanksgiving Holiday, Thursday, the Staff NCO Club will be closed.

Officers' Club
254-7650/7649

Champagne Sunday Brunch — With the beautiful vistas of the beach, the mountains and the Kaneohe Klipper Golf Course, you can't go wrong booking your party to enjoy our popular Champagne Sunday Brunch. Bring your family to The Officers' Club from 10 a.m. to 1 p.m. Among the items from which to choose are teriyaki beef, eggs benedict, snow crab legs, bacon/Portuguese sausage, and much more. Member pricing is \$17.50 plus \$3 with champagne, while nonmembers price is \$19.95 plus \$3 with champagne. Children 8 to 12 pay \$6.95, children 5 to 7 pay \$3.95, and there is no charge for brunch for children 4 and younger. Reservations are highly recommended. Be sure to call ahead of time for seating arrangements.

Holiday Hours of Operation — Due to the Thanksgiving holiday, Thursday, the club will be closed.

All Hands

On-Base College Interim Registration — Register through

Dec. 17 for the next two-week term that runs from Dec. 17 through Jan. 6, 2006. Enrollment is available for all service members and civilians. Start or continue your college degree with on-base and online courses from accredited institutions. While tuition is low, tuition assistance is available for active duty service members. For more information, call 257-2158.

Ongoing

Tour of the Island — For those new to Hawaii and Oahu, this is your perfect opportunity to leave the driving to someone else, and be a sight-seer once again. Take a narrated tour of Oahu, available the second Friday of every month, and see the most popular points of interest. This free, daylong tour will take you around the island beginning and ending at Marine and Family Services, Building 216. Remember to bring lunch and sun protection. Space is limited and reservations are required. Call 257-7790 to reserve your seat.

Football at Kahuna's — Kahuna's Sports Bar & Grill is now open on Sundays from 8 a.m. to 3 p.m. Enjoy breakfast, pupus or entrée selections. Play National Trivia Network's QB1, and try to guess the next play. Bring your friends and foes for a day of gracious rivalry. Watch Sunday football games on Kahuna's huge plasma screen TV and enjoy DirectTV NFL Sunday Ticket.

Football at the Rocker Room — If you are craving a little football action on a screen that is larger than the screen you have at home, come out to the Rocker Room for the Sunday games. While the club will not be open for business, food from the Fairways

Sports Grill can be brought over to the Rocker Room. This Sunday, watch the Kansas City Chiefs play the Houston Texans.

Swing and Salsa Lessons — If you consider yourself rhythm impaired or want to learn a few new moves, then these classes may be for you. Drop by Kahuna's Community Ballroom, and, for \$2, you will be taught the basics of these dances. Mondays feature swing classes while Tuesdays offer salsa and merengue instruction. After a few of these lessons, you'll be making heads turn on the dance floor. For more information, call 254-7660.

Football Bash Can Take You to the Super Bowl — Need more reasons to stop by the base clubs and restaurants? How's this: Sign up now to take part in the Football Bash. Sign up today to win \$500 and merchandise, \$1,000 and merchandise or the Grand Prize: A trip to Super Bowl XL. Simply fill out an entry blank provided by your server with your meal check or ask for a blank. Drop it in the entry box and cross your fingers and hope that you will be the lucky winner. Look for more details at any club or restaurant on base. All authorized club patrons, non-members and members, in good standing, are eligible to enter. No purchase necessary. Only one entry per patron per visit will be accepted. MCCS personnel or family members are not eligible.

Luau Reduces Pricing for Military — In honor of the military, Germaine's Luau is offering an "Armed Forces Discount Special" through Nov. 30 (except Thanksgiving day) for all qualified DoD cardholders. Adults pay \$30 instead of \$37, juniors 14 to 20 enter for \$25, as opposed to \$33, and children 6 to 13 now can get in for \$22 instead of 26. Children 5 and younger will receive a dinner plate at no cost.

The ticket includes three drink coupons and an all-you-can-eat Hawaiian American Buffet. Transportation from Waikiki area hotels is available for an extra fee. For more information, contact the Information, Tickets and Tours office at 254-7563 at Kaneohe Bay or 477-5143 at Camp Smith.

Get to Know the Ocean Blue From Above and Below — See the beautiful waters of Honolulu harbor, thanks to submarine and cruise-boat specials being offered this month at Information, Tickets and Tours aboard K-Bay and Camp Smith. The specials feature deep discounts for entertainment and/or dining on the Atlantis Submarine, Navatek Sunset Buffet, Navatek Royal Sunset Dinner and Sea Life Park/Luau Package. For pricing details, call ITT at K-Bay at 254-7563 or Camp Smith at 477-5143.

Native American Indian Heritage Month Display — The Base Library is featuring a Native American Indian culture display through November, Native American Indian Heritage Month, along with a book display. The display depicts 10 broad geographical groupings of Native American Indians, which focuses on the food, clothing, architecture, tools, and other physical artifacts of each specific group. For more info, call 254-7624.

Exhibit at the Base Library — Titled "Seeds of Change: 500 Years of Encounter and Exchange," this small-format exhibit will be available for viewing through mid November. The exhibit focuses on the consequences of the European voyages of discovery that have been sometimes beneficial, sometimes tragic and painful, often unforeseeable. Five key seeds: sugar, corn, potatoes, diseases and horses form the core of this exhibit. For more details, call 254-7654.

MOVIE TIME		
Flightplan (PG-13)		Today at 7:15 p.m.
Into the Blue (PG-13)		Today at 9:45 p.m.
Tim Burton's Corpse Bride (PG)		Saturday at 7:15 p.m.
Serenity (PG-13)		Saturday at 9:45 p.m.
The Greatest Game Ever Played (PG)		Sunday at 2 p.m.
Two for the Money (R)		Sunday at 6:30 p.m.
Flightplan (PG-13)		Wednesday at 6:30 p.m.
Harry Potter and the Goblet of Fire (PG-13)		Friday at 7:15 p.m.
Tim Burton's Corpse Bride (PG)		Friday at 9:45 p.m.

Personality Features

Travels shape 3/3 team leader

Cpl. Michelle M. Dickson
Combat Correspondent

Growing up as a self-proclaimed “Army brat,” Cpl. Steve C. Mercer, team leader, Lima Company, 3rd Battalion, 3rd Marine Regiment, has been traveling his entire life.

In addition to the many places that the Army sent his family, there are still more countries the Marine Corps has taken him. One of these countries is Rota, Spain, where Mercer was assigned for a two-year tour of duty.

“When I was younger, I lived in Georgia, Alabama, Colorado, Germany and Belgium,” said the 22-year-old. “I was used to traveling since my dad was in the Army.”

Mercer was an only child and took an interest in target shooting, computers, paintball, soccer and cross-country while in high school.

After graduating from Cheyenne Mountain High School in Colorado Springs, Colo., Mercer took a year off while deciding what the next step in his life was going to be.

“I always wanted to learn about cars, so I worked at Advanced Auto Parts for a year in Georgia,” said Mercer.

“I had always planned on joining the military and my dad actually talked me out of joining the Army. He was an enlisted Marine before becoming an officer in the Army, and he said he wanted me to experience the esprit de corps that the Marines hold.”

Mercer said his parents were happy when he told him his decision to join the Marines and his father was happy that Mercer decided to join the infantry.

The Colorado native reported to boot camp in Parris Island, S.C., November 2002 and to the School of Infantry at Camp Lejeune, N.C., from there. After completing SOI, Mercer attended Basic Security Guard School in Chesapeake, Va.

“It was on my contract when I joined that I would do the security job for two years, then serve the remainder of my contract as a ‘grunt,’” said Mercer. “It was a great experience to have that opportunity. I got to travel so much and train with foreign militaries.”

Living in Spain and traveling to other foreign countries has given Mercer a much greater appreciation for what



Cpl. Steve C. Mercer, team leader, Lima Company, 3/3, poses for a photo outside the commanding general’s building aboard Marine Corps Base Hawaii, Kaneohe Bay.

everyone has in America, he said. Before finishing his tour in Rota, he had become a designated marksman and a martial arts instructor.

From Spain, Mercer received orders to his current duty station of Marine Corps Base Hawaii, Kaneohe Bay, where he joined Lima Company, 3rd Battalion, 3rd Marine Regiment.

“I requested this unit because one of my squad leaders in Spain was actually in 3/3 at one time,” said Mercer. “Plus, I have wanted to go to Iraq for a long time now so it’s good timing to be with this unit.”

Mercer said he hopes his experiences in his former military occupational specialty will benefit the unit, but he knows he has a lot to learn and gain from 3/3.

After his four years in the Corps, Mercer said he will probably attend the University of Georgia, but has yet to decide whether or not he will remain in the Marine Corps.

“I’m happy I decided to join the Corps rather than go to college right away,” said Mercer. “I learned discipline and gained experience that I never would have received if I had gone to college right after high school.”

Surgeon credits hard work for success

Sgt. Joseph A. Lee
Combat Correspondent

I serve because it is my duty — to ensure that future generations of Americans receive the same opportunity I received — the ability to make a dream into a reality.

— Lt. Cmdr. Alfredo E. Baker

Born in Panama City, Panama in 1959, it was a boyhood dream of Lt. Cmdr. Alfredo E. Baker’s to practice medicine.

After attending a year of medical studies in Brazil, Baker was forced to put his dream on hold in 1979 to return home to care for his terminally ill father — he was dying of cancer.

He stayed with his father until the end and when his father passed away, his aunt offered him an opportunity he could not refuse — to move to California and learn the English language.

With \$500 in his pocket and a single suitcase, Baker came to the United States in January 1980, to study English at the University of California, Los Angeles.

“I wasn’t even a resident,” said Baker. “I was on a student visa, so I had to work full time to fund my education.”

Living with his aunt in South-Central Los Angeles, Baker endured nine months of specialized courses in English, and eventually moved on to Santa Monica Junior College, where he worked diligently to complete his premedical studies.

“I was doing any odd job I could do to earn money for college,” said Baker. “Everything from working in the school’s registration office, to delivering pizzas, washing dishes and fixing kitchen floors, the more I learned the language, the more jobs opened up for me.”

When his premedical studies were complete, Baker had to decide where he would go to school to finish his bachelor’s degree.

“The UCLA classes were huge,” said Baker, “and my professors urged me to go to a smaller school, where I could receive more individual instruction. The program at Loyola Marymount University seemed to be exactly what I was looking for. With more available liberal arts classes available, the Catholic school was perfect for me. I’m still very glad I chose that school.”

While attending LMU, Baker was presented with a unique opportunity.

“I was approached by some students who were recruiting for a radio DJ for a Latin radio station called Alma Del Barrio, KXLU, 88.9 FM. “It was a student-run station, and from what I had heard, it was one of the best Latin music stations in the nation. I couldn’t have been more excited — even though I was doing the job entirely on a volunteer basis, it was an opportunity to interview my idols, my role models, who I grew up listening to in Panama.”

In 1988, Baker had become a resident of the United States and was doing well at his school, even tutoring others at the school, when he met his future wife, Susan, shortly before she left to study in Italy. Baker proposed to Susan upon her return and the two were married in 1990. About the same time, Baker began sending out his applications for medical school.

“On my first try, I wasn’t even asked for an interview,” said Baker of his first application to medical schools throughout the U.S. “I applied late, but needless to say, I was heartbroken.”

The teachers at LMU suggested to Baker that he be a teacher, since he was so good at his tutoring and mentoring other students.

Taking their advice, Baker applied to teach math and natural sciences at the Los Angeles Unified School District. Serving as an “Emergency Teacher” for the first three years, Baker attended graduate school while he taught. He received his teaching credentials with honors and was awarded the University Presidential Medal for Teaching Excellence.

See BAKER, B-7



Photo Courtesy of Lt. Cmdr. Alfredo E. Baker

Lt. Cmdr. Alfredo E. Baker, flight surgeon assigned to Marine Aircraft Group 24, stands for a photograph behind his wife, Susan, and his two daughters, Alexandra (left) and Alanna, in 2004. Baker, who was born and raised in Panama City, Panama, came to America in 1980 with a dream to be a physician. Today, Baker lives that dream while serving his country in the U.S. Navy.

MOVIE



REVIEWS

Editor's Note: In a recent survey, Hawaii Marine readers asked for movie reviews. So, in response to your request, Cpl. Megan L. Stiner, press chief, and Lance Cpl. Roger L. Nelson, combat correspondent, present Movie Reviews.

NOW PLAYING

Shopgirl



Chick flick strikes right notes

Movie is simple and easy to understand

Film proves realistic though predictable

Lance Cpl. Roger L. Nelson
Combat Correspondent

Well, being that I, personally, have never read the book by Steve Martin, I can't really compare the two, but this movie seemed to hit home with events that I can actually picture taking place in the real world.

The movie "Shopgirl" is a very well put together movie that is simple and easy to understand. The movie revolves around a young lady named Mirabelle, played by Claire Danes, who sells overpriced gloves at Saks Fifth Avenue, after moving to New York from Vermont.

She really has no friends or anyone to hang out with, and is pretty much a loner, all the while selling gloves that she'll never be able to afford for herself and making barely enough money to pay off her \$45 a month payment for student loans.

Mirabelle's only real companion is Sylvia, her cat. She lives the same routine, day after day: she works, comes home, talks to her cat, and paints a little before hitting the hay.

Then, from out of nowhere, her life seems to take a turn for the better when she meets a broke font designer at the local laundromat.

Although she is never too overly interested in Jeremy, played by Jason Schwartzman, she agrees to let him take her on a date during which he continuously makes a fool of himself with random off-the-wall remarks about jumping off balconies and the like. Unfortunately, the night ends in disappointment for him as she denies him a kiss good night. The evening comes to a close as she throws away his phone number in disgust.

After listening to a radio show that is mainly directed towards adult activities, Mirabelle realizes it's time for her to get her groove on and some lovin' she deserves.

So she digs into the trash to find his number and then calls Jeremy for a one-night stand, but

he continues to be a moron and totally ruins his chance of ever getting to be with her. It seems as if his character could ruin just about anything.

After the one-night stand failure, Mirabelle decides to take a break from her love life for a few weeks until she meets the amazing Ray Porter, played by Steve Martin, who sends her a package and uses smooth and mysterious ways to get her to go out to dinner with him.

The relationship continues to get pretty serious and progresses with nightly meetings as Mirabelle falls for a guy who's old enough to be her father.

Mirabelle, who looks young enough to be Ray's daughter, continues to date and have little lust-filled meetings with Ray every once in a while to satisfy their cravings.

At this time Jeremy is packing up to go across the country in order to pursue a career as

See *SHOPGIRL*, B-8



Cpl. Megan L. Stiner
Press Chief

Well, I guess this is one of the most realistic and emotional movies I have seen in a long time. I have never read the novel by Steve Martin, but I can't imagine the film strays too far from the book.

In my opinion, the movie is a look into the social interactions of certain individuals.

It was a simple film about a young woman, Mirabelle (Claire Danes), who spends her time working at Saks Fifth Avenue, after moving to New York City from Vermont. Her social life is nearly nonexistent as she stands behind the cash register in the glove department each day, trying to make enough money to try and pay off \$39,000 in unpaid student loans at a rate of \$45 each month.

As she arrives home after work, she tries to make a connection with her one companion, her cat Sylvia, before taking a little time before bed to work on her one passion, art.

Once the film has given the audience a glimpse of Mirabelle's unfulfilling, yet not entirely unsuccessful life, her life takes an unsuspecting twist when a broke, goofy, font designer, makes a good impression on her at a laundromat.

They go on a date and Jeremy's (J a s o n

Schwartzman) initially interesting persona fades away as he continues to interest her with his unusual methods. His quirks include always borrowing everything from money to a pen, as well as calling her young lady. At the end of the night, Jeremy tries his darndest to see her house and get a good night kiss, but is shot down time and time again.

A few days later, shortly after listening to a radio talk show about love and emotional needs, Mirabelle and Jeremy get together for a one-night stand that ends terribly.

After that, Mirabelle's love life seems to take flight when Ray Porter (Steve Martin) sends her a package and asks her out to dinner. A relationship of gifts and nightly courtship arises and continues to progress as Mirabelle falls in love with a man twice her age.

The rest of the movie progresses by introducing realistic scenarios and scenes of mistrust, truthfulness, heartbreak, and chance meetings.

Ray and Mirabelle continue to meet for dinner and after-hour recreational activities, while Jeremy takes off across the country with a band in order to pursue his music career — which ends up taking off. He spends much of his time reading and listening to books on tape on the topic of love and relationships.

The movie spends most of the time focusing on the relationship between Ray and Mirabelle, but occasionally delves into the journey Jeremy is taking and his continuous thoughts about Mirabelle.

The ending is somewhat predictable, but all the interactions and emotional situations leading up to it make the movie worth seeing.

It isn't one that will change your life or leave you wishing you could be the main character; it is simply a film that a lot of people could probably relate to at some juncture in their lives.

ADVENTURE, From B-1

and educate the children of Hawaii and the Pacific. The facility and its programs are envisioned to result in a new generation of curious science literate problem-solvers who will build a better community.

“All of the exhibits in the center are designed to be interactive and/or immersive,” said Brown.

For instance, not only can visitors watch the volcano erupt, the buttons on the Volcano Observatory panel also allow people to alter the eruptions by changing the amount of air and water pressure sent to the replica.

Chillingworth said, “You can push a button to add gas, so it becomes more explosive.”

The center is divided into six zones.

1 Arrival and Orientation

Science Exploration Kiosk — A plasma screen display introduces visitors to Hawaiian themes and exhibits in the center through a written narration and images of scientists working out in the field.

Island Elements — The importance and impact of wind and water to the islands is shown through one wall lined with thousands of fluttering metallic disks and another wall caressed by a thin sheet of water. Also, artificial slabs of five different types of lava rock hang as a backdrop and serve to illustrate some of the differences among the types of lava rocks found in Hawaii.

Interactive Islands Model — A sliding LCD monitor and a topographic model of the Hawaiian Island chain, stretching from the Kure Atoll to the Big Island, illustrates the islands as part of a long mountain chain. The monitor displays various information when placed in front of each highlighted location along the chain.

Where in the World

Interactive Globe — Pressing the buttons on the exhibit shows visitors where Hawaii is in relation to other land masses as well as the location of the volcanoes that make up the “Ring of Fire” that line the Pacific Ocean.

2 Exploring Hawaiian Origins

Hawaiian Origins Tunnel — Visitors can stroll through a 160-foot-long tunnel and experience the “Kumulipo,” or Hawaiian creation chant, through artwork that glow in the light of the tunnel’s ultraviolet lamps. The papier-mâché artwork, created by schoolchildren, brings to life many of the key figures in Hawaiian lore.

3 Exploring the Volcanic Hot Spot

Hot Spot Demonstration Area — Beneath the base of the volcano is where visitors are introduced to the science behind lava. Here, the center’s staff heats cinder blocks to 2,600 F to create molten lava. A visual demonstration of lava viscosity acquaints visitors with different types of lava and how quickly, or slowly, each are able to flow. During the demonstrations, a video microscope is connected to an overhead screen to show minute details of a volcano’s geology with the audience. All this happens beneath rippling orange and red ceiling panels that imitate molten lava flowing through an active volcano.

4 Exploring Kilauea Volcano

Pu’u O’o — The center’s volcanic spatter cone is the eye-catching centerpiece. Looking down on the volcano from above, visitors can view its random eruptions. Within the cone, in the rough, sculpted interior, guests can learn more about volcanic processes and get a closer look at volcanic specimens such as Pele’s hair — extremely thin and brittle strands of lava.

The Lava Plume — Rooted in the Hot Spot Demonstration Area, this stylized plume of lava reaches up through the ceiling to illustrate the flow of magma before it breaks through to the surface.

Totally Tubular — At the base of the volcano, children can crawl through and explore two lava tubes that exit out the side of the cone. The first tube, suggestive of a



A videoscope for use by visitors is used to enlarge the image of a live crayfish at the Good Guys, Bad Guys Lab.

tube of semi-cooled lava, ends in a slide. The second tube is indicative of cave ecosystems that develop in cooled lava tubes.

Interactive Volcano Model — Watch simulated magma move through its system of chambers as visitors create their own volcanic eruptions by energetically pumping the handles in front of the exhibit. At this display, the maxim — “the more the merrier” — certainly rings true.

Volcano Observatory and Rainbow Bridge — Get an unobstructed view of a pool of lava and sporadic eruptions of the Pu’u O’o volcano and create mini eruptions by changing the air and water pressures of the pool with the push of a button. Or, make your own rainbow by engaging a mist generator at another station.



5 Exploring Living Islands

Good Guys, Bad Guys Lab — Get up close and personal with the native species, or the good guys, and the foreign species, or the bad guys, living in Hawaii. This exhibit allows the intrepid to use videoscopes to enlarge such creatures as predatory caterpillars, centipedes, koa bugs, and even a dish of live termites. The lab will rotate the creatures and habitats featured.

Conservation Hot Spots Laboratory — At this station, visitors can use different scientific investigative methods to identify biological specimens and learn about how they fit into Hawaii’s ecology. In addition, the adaptive radiation station provides information about key specimens that help tell the general story of Hawaii’s ecological history.

The Tree House — This stylized Hawaiian rain forest offers children 2 to 6 the opportunity to dress up in bug, bird, plant and fish costumes and act out the their respective stories. The koa tree, at the same station, is equipped with scopes used to look for creatures hidden in the tree.

6 Exploring Ocean Hot Spots

Eight displays serve to educate visitors about the ocean. From making their own waves to differentiating between the many types of sand to creating their own shield volcano out of hot wax, visitors will certainly be engaged.

Exploring Loihi with ROVs — Another prominent feature at the center, the large Ocean Tank showcases a remotely operated vehicle that visitors at



An underwater remotely operated vehicle is piloted to explore the underwater replica of Loihi, Hawaii’s youngest volcano.

the center can pilot from just outside the base of the tank. The camera attached to the ROV allows explorers to investigate a replica of Loihi, Hawaii’s youngest volcano, located just off the coast of the Big Island.

The Science Adventure Center’s grand opening is on Saturday from 9 a.m. to 8 p.m. There will be live entertainment, food and special programs.

The entry fee is \$3 for kamaaina and military and free for Bishop Museum members. Bank of Hawaii customers who show their bank card or their BoH bank statement can get up to four free admissions. Everyone else will be charged the regular admission fee of \$14.95 for adults, \$11.95 for seniors 65 and older, and \$11.95 for youths 4 to 12, with no charge for children younger than 4.

The museum is located at 1525 Bernice St. and is open daily from 9 a.m. to 5 p.m. For more information, call 847-3511 or visit their Web site at www.bishopmuseum.org.

O’Club chef wins local poke contest

Chef Renato Sabalburo takes second in world-renown poke competition

Yibeli Galindo-Baird
Marine Corps Community Services Marketing

Most who dine at The Officers’ Club know that the quality of the food they savor on a daily basis is superb. That is nothing new. In fact, The Officers’ Club has been rated best in food quality in the Marine Corps by Claes Fornell International in their Fall 2004 Associate and Customer Satisfaction Survey in combination with the SNCO Club and Kahuna’s Sports Bar & Grill.

So it should come as no surprise that Executive Chef Renato Sabalburo, head of The Officers’ Club kitchen was recently selected as one of the top preparers of poke in the state. In fact, at the world-renown 14th Annual Aloha Shoyu/Sam Choy Poke Contest, held Sunday at the Honolulu Country Club, Sabalburo took second place in the Retail/Professional Division with his version of this dish titled “General’s Poke.” The other divisions in competition were Student, for those 14 to 21, and Amateur.

What is unexpected about this win is that this was the first time Sabalburo had competed in this modality, the first time that Marine Corps Community Services and Marine Corps Base Hawaii had sent a representative and, conveniently enough as fate would have it, the first time it was held here on Oahu.

According to the Aloha Festivals’ Web site, through which poke contests are also held, poke takes on many colors and flavors as it is adopted by seafood lovers around the world. Poke (po-keh) is a Hawaiian word meaning to slice or cut.

Poke is traditionally made of bite-sized pieces of fresh, raw fish that includes a mixture of seaweed and kukui nut relish. Usually served as a snack, appetizer or lunch, homemade poke is usually flavored with sea salt, seaweed, soy sauce and vinegar.

Today, poke chefs incorporate a world of



Sam Choy (center) poses for a photograph with Chef Renato Sabalburo (right) and Tyffany Watanabe, Sabalburo’s assistant. Sabalburo took second place at the 14th Annual Aloha Shoyu/Sam Choy Poke Contest with his “General’s Poke” dish. The win is a first for the chef, who is the executive chef for The Officers’ Club, and for MCCS, Marine Corps Base Hawaii, Kaneohe Bay.

ingredients: Hawaiian fish and seafood, seeds, herbs, spices, nuts, marinades, tofu, fruits, vegetables and seasonings. There is no stopping the new attitude of ‘Hawaii’s Soul Food.’ These contests are similar to barbecue-type cook-offs held on the continental United States.

Sabalburo said he had mixed emotions about his entry. “I was very confident and nervous,” he said. This was understandable, considering the rules of the contest were very strict and that he would be competing with other chefs of his caliber. Nonetheless, the chef said he entered because he wanted to garner exposure for The

Officers’ Club and MCCS as a whole.

Participants had to prepare 6 pounds of poke and provide all the elements necessary to prepare the dish, from recipe ingredients to preparation utensils and presentation items. Only one other person could assist in the preparation.

Poke categories were limited to: cooked poke, poke with soy sauce, and traditional/original poke. Sabalburo competed in the last category.

With a total of 75 participants, some from the mainland who had already won contests held in Las Vegas and San Francisco and who

participate in this event regularly, the competition was fierce. Twenty faced off in the Retail/Professional Division, adding to the difficulty level of this match, according to Araceli Tezuka, K-Bay catering manager, who helped the chef set up and witnessed the pressures of the event.

In the end, after all was said and tasted, The Officers’ Club proved once again why Sabalburo is the only chef that the club would want in their kitchen. He has been the chef at the O’Club for the past four and one-half years.

What was the secret to his success in this contest? “A lot of TLC,” said the chef, humbly.

John Nishida, Food and Hospitality business operations director, said he considers MCCS lucky to have such a modest and talented chef serving the officers on K-Bay.

“I think the win is important as Chef Sabalburo is always trying to better his food that is provided at the clubs. Often, it is difficult in all of our jobs to validate how successful we are. A contest matched against his peers on the outside gives some credibility to his efforts,” Nishida remarked.

Nishida also said that food competitions take into account not only the taste of the food but food presentations, color, texture and table setting, adding to the merit of winning such competitions.

For his outstanding recipe, the Sabalburo received \$200, round-trip tickets to a neighbor island and one case of Aloha Shoyu. He plans on competing again next year.

Sabalburo’s recipe, which is now property of the contest organizers as a result of his win, will be published in a fund-raising cookbook to be available at a later date. Fortunately, as an O’ Club member or qualified guest, you can taste many of the chef’s delectable dishes, including his now famous poke, any day of the week.

For a schedule of the menu and weekly specials, visit www.mccshawaii.com for menu listings and hours of operation. To congratulate Sabalburo directly, or for more information on the club, call 254-7650.

BAKER: Serves in gratitude to America

BAKER, From B-3

"I loved it," said Baker. "In the San Fernando Valley, most of my students were tough kids — some gang members, others just labeled as failures. But I saw things differently. There were two ways to look at these kids. Either look at them as failures, or look at them as college material. I chose the latter, and had very high expectations for my students."

According to Baker, all the students needed was a little guidance, some discipline, and a set of cemented values. He repeatedly found himself answering tough questions from the teenagers, like “Why should I do all this hard work to get a degree which might secure me a good career making a couple thousand dollars a week, when I can make \$2,600 selling drugs over the weekend?”

"I took them to UCLA to introduce them to the college atmosphere — most were surprised to see students actually carrying back packs, which was just 'not cool.' I had one student, a young girl, who sought me out for advice shortly before she was initiated into a gang. She was to participate in a drive-by shooting as part of her initiation, and after talking with her, she ended up back on the right track, and received a full scholarship to UCLA.

“The hardest thing I ever had to do was say goodbye to those kids — I loved teaching, but my heart was in medicine. It was time to follow my dream.”

This time, when Baker applied, he was accepted into 10 different medical schools, and asked to come in for 15 interviews before he finally decided on Temple University in Philadelphia.

"There's one reason why professors go to Temple, and that is to teach. With a teacher's background, I knew that I would receive the best education there."

Baker received his United States citizenship in 1994, shortly before going to medical school. Once he became a citizen, scholarship offers came in from every direction.

Baker received offers from the Army, the Air Force and the Navy to serve in the military for three years, and in exchange, the military would cover all of his medical school expenses for three years, and provide him a monthly stipend of \$800.

"For me, it was my opportunity to give thanks to this great nation," said Baker, "for allowing me to be who I am today."

"This is the only nation in the world where someone like me can come with a dream to be a physician, and with hard work and the help of friends and family, can make that dream a reality. I want to make sure that my children and my grandchildren will have the same opportunities that I had.

"Panama may be my country of birth, but I consider the United States my country."

After completing medical school, Baker jumped at every chance he could get to serve with Marines, and received his first opportunity at Camp Lejeune, N.C., as the assistant surgeon for Headquarters Battalion.

Baker moved up quickly, and was soon the battalion surgeon for 3rd Battalion, 2nd Marine Regiment, and eventually became the regimental surgeon for 2nd Marines. From January to June 2003, Regimental Combat Team 2 deployed for Operation Enduring Freedom/Operation Iraqi Freedom, and Baker served in the distinguished billet of senior medical officer for the deployed unit that came under fire at An Nasiriyah, Iraq.

Baker received the Presidential Unit Citation, the Combat Action Ribbon and a Navy Commendation Medal for his service with RCT-2, and has been serving with Marines ever since.

"How many doctors do you know who get to do all this fun stuff?" asked Baker. "There's no question; I'm staying in until I get a star on my shoulder."

After he was distinguished as a Surface Warfare Medical Department Officer, Baker sought out his next adventure — to become a flight surgeon.

Baker attended flight school at Pensacola, Fla., to learn about the different stressors that pilots and aircrew are subjected to, and the different medicines that can and can't be used on such personnel.

After he received his certification, he, his wife and his two daughters, 7-year-old Alanna and 2-year-old Alexandra, were stationed here, assigned to Marine Aircraft Group 24, aboard Marine Corps Base Hawaii.

"There's nothing I love more today than serving my country," said Baker. "I'm a testament to the fact that if you work hard, you will someday reach and accomplish your goals."

Mail tracking now available

New service informs military families when their shipment has arrived

Press Release

United States Postal Service



Washington — Military families now have a convenient way to track the status of Express Mail sent to loved ones stationed around the world. Through a new tracking service available on usps.com, military families and others who send Express Mail to service men and women can now confirm when their mail pieces have arrived at

Military Post Offices anywhere in the world except combat zones.

Customers can log on at usps.com, click on "Track & Confirm" and enter the tracking number from their Express Mail receipt. The shipping packages via Express Service is Dec. 19. Next year, service plans to expand this to track other types of mail, including combat areas.

To reach troops stationed overseas, letters and cards sent by First-Class Mail should be posted no later than Dec. 10. There are more than 80 military installations worldwide.

"We are asking families and supporters to mail and ship early this year to insure a happy holiday for our troops," said Nick Barranca, Vice President of Product Development for the U.S. Postal Service.

To address current demand, the Postal

Military Mailing Deadlines

Military Mail Addressed To	Express Mail Military Service¹	First-Class Mail Letters/Cards	Priority Mail	Parcel Airlift Mail²	Space Available Mail³	Parcel Post
APO/FPO AE ZIPs 090-092	Dec. 19	Dec. 10	Dec. 10	Dec. 3	Nov. 26	Nov. 12
APO/FPO AE ZIP 093	N/A	Dec. 5	Dec. 5	Dec. 3	Nov. 26	Nov. 12
APO/FPO AE ZIPs 094-098	Dec. 19	Dec. 10	Dec. 10	Dec. 3	Nov. 26	Nov. 12
APO/FPO AA ZIPs 340	Dec. 19	Dec. 10	Dec. 10	Dec. 3	Nov. 26	Nov. 12
APO/FPO AP ZIPs 962-966	Dec. 19	Dec. 10	Dec. 10	Dec. 3	Nov. 26	Nov. 12

1 EMMS: Express Mail Military Service is available only to select military post offices.

2 PAL: PAL is a special service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface rate of postage for each addressed piece sent by PAL service.

3 SAM: Parcels paid at Parcel Post postage rates are first transported domestically by surface and then to overseas destinations by air on a space-available basis. The maximum weight and size limits are 15 pounds and 60 inches in length and girth combined.

WORD TO PASS

Community Invited to Create Holiday Decorations

It's not too early to start thinking about decorating for the holidays as they're just around the corner. This year, why not make your own decorations using dried materials from the Wahiawa and Hoomaluhia botanical gardens?

Classes on making angels and swag will be held, but reservations are required so be sure to call soon to reserve your spot.

The swag class will be held at Wahiawa Botanical Garden, Tuesday from 1 to 3 p.m.

Friends of Honolulu Botanical Gardens members pay \$10 and nonmembers pay \$12.

For details or reservations, call 537-1708.

Master Slide Guitarist to Perform

A native of Calcutta, India, Debashish Bhattacharya has been described by Guitar Player magazine as one of the world's most amazing musicians. Over the past 20 years, he has perfected a means of performing Indian classical music on two instruments he has adapted from the Hawaiian steel guitar and another he developed from the Portuguese braguinha, which is the direct ancestor of Hawaii's beloved ukulele.

Bhattacharya will be performing in concert on Saturday at 7:30 p.m. in the Doris Duke Theatre at the Honolulu Academy of Arts in Honolulu.

Tabla virtuoso, Subhasis Bhattacharjee, will be featured alongside Debashish, a dynamic artist capable of lightening speed, extreme delicacy, grand passion and deep feeling. Their concert is certain to be one of the highlights of the season for anyone who enjoys hearing music played on the highest possible level.

Tickets are \$18 for Academy members, seniors and students; and \$20 for all others.

For more information, call 532-8700.

Volunteers Sought for Special Olympics

Special Olympics Hawaii is looking for volunteers for their Annual Holiday Classic scheduled for Dec. 2 to 4 at Hickam Air Force Base and Marine Corps Base Hawaii, Kaneohe Bay.

This year, almost 800 athletes will compete in statewide basketball, bocce and bowling competitions. Volunteers are the backbone of Special Olympics and more than 700 are needed in order to make this event special. Whether you can contribute your time "behind the scenes" or at one of our sporting events, there is a position for you.

For more details, call Cindy at 943-8808, ext. 27 or visit www.specialolympics.hawaii.org.

Jim Nabors Celebrates Christmas

Join Jim Nabors and friends as they once again light up the Honolulu holiday season with "A Merry Christmas with Friends and Nabors!" at the Hawaii Theatre.

This year's production marks the ninth anniversary of Mr. Nabors' contribution to his beloved community.

Join Jimmy Borges, Karen Keawehawaii, Emma Veary, Philip Huber & The Huber Marionettes, The Hawaii Theatre Orchestra and a cast of more than 100 as we celebrate the holidays with renditions of favorite holiday and inspirational songs, marionettes, hula, and tap dancing!

A special performance for service members and their families will take place Dec. 1 at 7:30 p.m. Seating at this performance will be open and

SHOPGIRL, From B-4

a musician with his band, ends up making it big, but is still lonely and spends most of his down time listening to romantic tapes that involve love and relationships.

For most of the movie, the camera follows the relationship between the old man and Mirabelle, but every once in awhile, shows Jeremy, dreaming and moping around for his beloved Mirabelle as his character progresses from a deadbeat slob to a successful gentleman.

In my own opinion, I'm not a big fan of the chick flick scene, but if I had to take a date to a movie and knew she was going to cry the blues if we didn't see the movie she wanted to see, then I probably would suggest taking her to see this chick flick.

It is actually one of the only girly movies I could keep my eyes open until the end.

tickets are \$10 for adults and \$5 for children 4 through 17.

For those who cannot attend the Dec. 1 performance, they can catch the shows on Dec. 2, 3 at 7:30 p.m. or Dec. 4 at 2 p.m. Tickets for the Dec. 2 to 4 shows range from \$25 to \$75 with a \$5 military discount.

For more information, call 528-0506.

Volunteers Needed for Honolulu Marathon Aid Station

Compadres Bar & Grill in Ward Centre is sponsoring its annual aid station to give out runners in the Honolulu Marathon on Dec. 11, and the call has gone out for community volunteers to participate.

The water station is on Ala Moana Boulevard, fronting the Ilikai Hotel, and requires hundreds of volunteers to assist with set-up, clean-up and distribution of water to the marathon participants.

Volunteers are asked to assemble at 2:30 a.m. After handing out water and seeing the front runners go by, volunteers will be invited back to Compadres in Ward Centre for a fiesta breakfast and celebration, with restaurant owner Rick Enos in attendance.

For more information or to sign up individually or as a group, call Compadres at 591-8307.

WCFCU Invites Community to Drop Off Toys for Tots

The Toys for Tots program helps needy children experience the joy of Christmas by donating toys to children who may otherwise not receive any during the Christmas season.

This year, Windward Community Federal Credit Union is making participation in the Toys for Tots program easier by accepting toys at their three locations on the Windward side.

As a collection site, the WCFCU branches will be accepting new, unwrapped toys, as well as monetary donations, from Friday through Dec. 16.

WCFCU's main branch is located aboard Marine Corps Base Hawaii, Kaneohe Bay, at 217 D St. Collection hours are from 9 a.m. to 5 p.m. Mondays through Fridays.

The Kailua branch is located at 629-A Kailua Road, Suite 111, and the Kaneohe branch is located in the Windward City Shopping Center at 45-480 Kaneohe Bay Drive, Suite 1AE2. Collection hours are from 9 a.m. to 5 p.m. Mondays through Fridays, and 9 a.m. to 1 p.m. on Saturdays.

For more information, call Sheri Kelly at 254-3566, ext. 120.

DECA Accepts Scholarship Applications

Children of active duty, Reserve, Coast Guard, retired and/or survivors of deceased military personnel may apply to the Scholarships for Military Children Program.

The Defense Commissary Agency intends to award at least one \$1,500 scholarship at each commissary DECA operates, to dependent, unmarried students from 21 to 23.

Applications are available now at www.militaryscholar.org. The deadline to apply is Feb. 22, 2006. Students should turn in their completed form to their local commissary.

For more information, call Scholarship Managers at (856) 573-9400 or e-mail militaryscholar@scholarshipmanagers.com.

ON THE MENU		
AT ANDERSON HALL		
Today <i>Lunch</i> Oven Roast Beef Baked Tuna and Noodles Steamed Rice French Fried Cauliflower Vegetable Combo Chilled Horseradish Fruit Pies Chocolate Chip Cookies <i>Dinner</i> Sauerbraten Knockwurst w/Sauerkraut Cottage Fried Potatoes Boiled Egg Noodles Green Beans w/Mushrooms Creole Summer Squash Fruit Pies Chocolate Chip Cookies	Monday <i>Lunch</i> Teriyaki Chicken Salisbury Steak Mashed Potatoes Steamed Rice Simmered Carrots Simmered Lima Beans Fruit Bars Apple Crisp Fruit Pies <i>Dinner</i> Baked Meat Loaf Oven Roast Beef Pork Fried Rice Parsley Buttered Potatoes Green Beans w/mushrooms Simmered Corn Fruit Bar Apple Crisp Fruit Pies	Wednesday <i>Lunch</i> Baked Ham Chili Macaroni Candied Sweet Potatoes Grilled Cheese Sandwich French Fried Okra Cauliflower Au Gratin Pineapple Sauce Bread Pudding Peanut Butter Cookies Fruit Pies <i>Dinner</i> Baked Stuffed Pork Chops Turkey Pot Pie Calico Corn Simmered Peas and Carrots Steamed Rice Mashed Potatoes Sweet Potato Pie Bread Pudding Peanut Butter Cookies Fruit Pies
Saturday <i>Brunch/Dinner</i> Grilled Steak Pork Chops Mexicana Mashed Potatoes Spanish Rice Mexican Corn Peas and Mushrooms Fruit Pies Fruit Nut Bars	Tuesday <i>Lunch</i> Barbequed Spareribs Veal Parmesan Oven Brownd Potatoes Buttered Egg Noodles Simmered Asparagus Steamed Cauliflower Devil’s Food Cake Fruit Pies <i>Dinner</i> Swiss Steak w/Brown Gravy Baked Fish Fillets Lyonnaise Potatoes Steamed Rice Southern Style Green Beans Vegetable Combo Devil’s Food Cake Fruit Pies	Thursday <i>Brunch/Dinner</i> Roast Young Tom Turkey Baked Ham Pineapple Sauce corn bread Dressing Mashed Potatoes Candied Sweet Potatoes w/Marshmallow Topping Simmered Corn Peas w/Onions Tomato Bouillon Cranberry Sauce Fruit Cake Apple Pie Mincemeat Pie Pumpkin Pie Spiced Fruit Cup
Sunday <i>Brunch/Dinner</i> Beef Pot Pie Baked Ham Baked Macaroni and Cheese Club Spinach Cauliflower Au Gratin Bread Pudding w/Lemon Sauce Peanut Butter Cookies		

Read the Hawaii Marine online at www.mcbh.usmc.mil.

MAIL, From B-7

Service has created a special “kit” that contains the necessary mailing materials based on the most popular items ordered to send care packages to the troops.

This kit may be ordered by calling (800) 610-8734 and requesting CAREKIT04. The kit contains four Priority Mail boxes, six Priority Mail “Flat-Rate” boxes, 10 Priority Mail labels, one roll of Priority Mail tape, and 10 customs forms with envelopes. There is no charge for the kit.

All packages and mail must be addressed to individual service members, in accordance with U.S. Department of Defense regulations.

All military units are assigned an APO or FPO ZIP code and in many cases that ZIP Code travels with the unit. The Postal Service places APO/FPO mail on special charter flights, commercial airlines and military service aircraft to reach armed services members overseas as quickly as possible.

For more information on tracking and military mail, visit hqdainet.army.mil/mpsa.

2005 Holiday Mailing Tips

Package mailing tips

1. Use a sturdy cardboard box or container large enough to secure the item(s) being mailed.

2. Prevent damage by using shredded or rolled newspapers, polystyrene or “bubble” plastic to cushion the contents.

3. Prior to sealing, insert the address on a slip of paper inside the package.

4. Secure the package with filament reinforced tape. Do not use cellophane tape or tie with twine or cord.

5. Addresses should be written with permanent ink or typed on a label and easily readable at arm’s length.

Proper addressing

1. Print, type or use a computer generated label for all addresses.

2. Include floor, or suite and apartment numbers.

3. Remember to include the designations N, S, E and W, where applicable.

4. Use standard two-letter abbreviations for states.

5. Maintain a uniform left margin.

6. Use only uppercase letters.

7. Place the city, state and ZIP codes or ZIP + 4 code on the bottom line.

MARINE MAKEPONO

HAWAIIAN FOR
“MARINE BARGAINS”

Appliances
Frigidaire refrigerator, 18 cubic feet, beige, with freezer on top, 8 months old, in excellent condition. Asking \$350. Must sell, moving. Call 721-7721 or 721-6733.
Hot Point electric range, white, glass top/self-cleaning oven, in excellent condition, 1 year old. Must sell, moving. Asking \$250. Call 721-7721 or 721-6733.
Kenmore air conditioners, with remote and paperwork; 8 months old, 12,000 BTU, \$175; 5 months old, 8,000 BTU, \$125. Call Brad at (281) 748-9114 or Diana at (281) 704-8312.
Kenmore washer and dryer, 3 years old. Asking \$160 for both or \$100 for the washer and \$75 for the dryer. Panasonic air conditioners, both 2 years old, in very good condition. Asking \$140 for 12,000 BTU unit and \$75 for 7,800 BTU unit. Both will be available mid-December. Call 254-7070 or 223-9403 to make an offer.

Furniture
Mahogany full/queen-sized sofa futon, 1-year-old, with matching futon covered pillows, in excellent condition. Must sell, moving. Asking \$250. Call 721-7721.
Bunk bed, twin-sized mattress on top, futon sofa on bottom that opens to full-sized bed. Asking \$95. Call 254-4023.

Pets
Cattle dog mix, 1 ½-year-old female, all shots, spayed, house trained, energetic, playful. Free to a good home. Call 218-3990 or 218-5990.

Yard Sale
Saturday, from 7 a.m. to 3 p.m. at 1205A Yarnell St. aboard MCB Hawaii. There will be appliances and much more. Everything must go before we move. For more information, call 781-2328.

For Rent
Three bedroom, two bath, two parking stalls, overlooks ocean and park, salt water pool, outdoor recreation center. Just two minutes from Marine Corps Base Hawaii, Kaneohe Bay. Beautiful complex. \$2,500 per month. Call 206-7895 or (916) 705-3709.

Miscellaneous
Murray lawn mower, 2 years old, needs tune-up as it hasn't been used for a year, \$15; Black and Decker 17-inch electric hedge clippers, like new, \$15; Morey Baja boogie board, 42.5 inches, 2 years old, used only a few times, in very good condition, \$20; HJC motorcycle helmet, large, full-face, with clear shield, \$15. Call 254-7070 or 223-9403 to make an offer.

▲ ▲ ▲
Free
Makepono Ads

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.
Ads are free, but should consist of no more than 20 words. Ads will appear in two issues of the Hawaii Marine, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine office.
The deadline for submitting ads to the Hawaii Marine is 4 p.m. the Friday of the week prior to publication.
Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Building 216 aboard Kaneohe Bay.
Ads are run on a first-come, first-served basis.
To renew an ad or for more information, call the Hawaii Marine office at 257-8837 or 257-8835.